# What is the Treatment for Thickening of the Bladder Wall?

The bladder, a balloon-shaped organ located between your pelvic bones, is an important part of your urinary system. Your kidneys turn waste into urine, which is stored in the bladder, until it's pushed out through the urethra. Your bladder is capable of holding up to 2 cups of urine.

A thickened bladder isn't a disease in itself, but it does indicate an underlying medical condition. In this post, we've explained the common causes, treatment options, and when you should see a **urologist in Vashi for bladder wall thickening**.

## Causes of Bladder Wall Thickening

The bladder wall doesn't thicken randomly. It happens when your bladder is working harder than usual due to a medical issue. Here are some common causes:

**Recurrent UTIs**: Urinary Tract Infection (UTI), which occurs when bacteria enter the urethra and multiply, causing a range of urinary symptoms. Now, the bacteria can enter the bladder, causing cystitis. Repeated infections can cause inflammation in your bladder, which might thicken the bladder wall.

**Non-cancerous Tumors**: Benign tumors that grow in the bladder wall are also linked to an increased risk of thickening of the bladder wall. The most common types include Papillomas, Hemangioma, Leiomyoma, Neurofibroma, and Lipoma.

**Neurogenic Bladder**: Neurogenic bladder is when your brain doesn't send/receive signals from/to the bladder properly. It can be congenital or develop due to an infection in your spinal cord or brain.

**Bladder Outlet Obstruction**: A blockage at the base of the bladder, due to urethral strictures, enlarged prostate, or a tumor, can reduce or block urine flow to the urethra. This can also thicken the bladder wall.

**Cancer**: Malignant growth in the bladder wall can also be the culprit. Bladder cancer is more common in people who smoke or are exposed to toxins. Exposure to radiation or chronic bladder irritation can also increase the risk.

## Treatment Options

### Medications

Doctors start **bladder wall thickening treatment in Vashi** with medication, especially for mild cases. Here's what they may prescribe:

- **Antibiotics**: Prescribed if a bacterial infection is suspected. Preventive antibiotics might be recommended for recurring UTIs.
- **Anti-inflammatory drugs** for cystitis or chronic inflammation. These are used to reduce swelling and inflammation.

### Lifestyle Changes

You must make lifestyle adjustments to support your bladder health. Start with a healthy diet with reduced intake of caffeine, alcohol, spicy foods, and artificial sweeteners. Focus on fluid management (avoiding dehydration, as well as excessive fluid intake).

### Surgical Interventions

Surgery is needed when other non-invasive treatments fail. For bladder stones that are too large to pass on their own through urine, a surgical removal through endoscopy may be necessary.

Likewise, surgery to remove cancerous or non-cancerous growth in the bladder can help relieve your symptoms. Surgery is only recommended when you are diagnosed with abnormal bladder growth, severe bladder obstruction, or persistent symptoms.

## Conclusion

Bladder wall thickening is a sign that your bladder is under stress or irritated. Identifying the root cause, following the doctor's prescribed medication, and taking preventive steps can all help improve your bladder health.

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